

## Happy 2nd birthday!

It's time to schedule checkups with the doctor and dentist. Be ready to talk about any illnesses or injuries your child has had. You may want to write down a list of topics that you'd like to talk about. Mention any changes in your child's eating, sleeping, or behavior.

## Protect your child and others

Now that your child is two, she is more likely to be around other children. This puts her at higher risk for becoming ill, especially from diseases that vaccines prevent. Many diseases spread easily from person to person. Immunizing your child protects her as well as your family and those who:

- Cannot get vaccines because they are too young, too old, or have certain medical conditions.
- Have weak immune systems.
- Are not fully immunized.

Get vaccinated to protect your child's health and prevent the spread of diseases in your community.



- 3 doses: Inactivated poliovirus vaccine (IPV)
- 1 dose: Measles, mumps and rubella (MMR)
- 1 dose: Varicella (chickenpox)
- 2 doses: Hepatitis A (HepA)
- Influenza (flu, yearly)

Some children with certain high-risk medical conditions may need additional vaccines. Ask your doctor or nurse if other vaccines are recommended for your child. You can check to see if your child is up-to-date by going to <http://bit.ly/Scheduler>.

## Help your toddler learn new skills

By age two, your child will start to do things for himself. He learns by trying new things and practicing what he's learned. Give him plenty of chances and lots of time to practice. Your child may be more excited about playing with other children. He is getting better at taking turns. Over the next year, your child will learn to:

- Jump with both feet off the ground.
- Draw circles and lines.
- Say short sentences.
- Ask many questions.
- Put his clothes on and take them off.

## Vaccines are your child's best protection

If your child is up-to-date on his vaccines, congratulations! Parents may not realize their child has missed some immunizations. One out of four two-year olds in our state has not had all recommended vaccines. Bring your child's Lifetime Immunization Record card to every visit. By age two, your child should have had the following vaccines:

- 3 doses: Hepatitis B (HepB)
- 4 doses: Diphtheria, tetanus, acellular pertussis (DTaP)
- 3 – 4 doses: *Haemophilus influenzae* type b (Hib)
- 4 – 5 doses: Pneumococcal conjugate vaccine (PCV)

Check the milestones your child has reached by his 2nd birthday. Visit: [www.cdc.gov/ncbddd/actearly/milestones/](http://www.cdc.gov/ncbddd/actearly/milestones/)

Every child grows at his or her own pace. Sometimes children need extra support. If you have questions or concerns about your child's development, talk with his or her doctor or nurse. You can also call the Family Health Hotline at 1-800-322-2588, or 711 (tty relay) for the name of a Family Resources Coordinator (FRC). An FRC can help arrange for a free developmental screening and further services, if needed.

# Keeping Your Toddler Healthy and Safe

## Keep baby teeth healthy

Baby teeth are important for smiling, eating, speaking clearly, and guiding adult teeth into place. Be sure to brush your child's teeth twice a day. Use a small smear of fluoride toothpaste and be sure she spits it out when done brushing. Your child should use a regular cup. Avoid sweet drinks and juice, and frequent snacking, which can cause tooth decay. Toddlers need a dental checkup at least once a year. If your child is at risk for tooth decay, the dentist may recommend a fluoride supplement.

## Encourage your toddler to be active

Help your toddler use his body and muscles. Take him outside often to play. He will enjoy swinging, throwing and rolling a ball, and playing simple games of tag or hide-and-seek with you and other children.

The American Academy of Pediatrics recommends **no more than two hours of "screen time" per day** for young children. Set a good example. Instead of watching shows or playing games on your TV, computer, tablet, or phone, take your child out for a walk or dance with him.

## Don't rush toilet training

Parents often want children to use the toilet at an early age, but many children are not ready until age three or older. Your child will more quickly if you wait until she is really ready. Look for signs that she may be ready:

- Wanting to do the things you do.
- Staying dry during naps or for a few hours at a time.
- Telling you when she needs a diaper change.

## Ways to cope with temper tantrums

Toddlers often yell, kick, and scream when they are not able to express their feelings. Tantrums may happen when a child is:

- Frustrated, angry, or scared.
- Stressed.
- Tired, hungry, or sick.
- Needing attention or showing independence.

Try to stay calm when your child has a tantrum. If you get mad, he may get more upset. If you are in a public place, pick him up and take him to somewhere quiet. Stay with him while he quiets down. Let him know you will stay nearby until he feels better.

Help your child talk about what he is feeling. This may help him to calm down more quickly. It also helps him learn self-control. Self-control is an important skill as your child begins to make friends.

## The right car seat for your child's size

Many parents move their child from a car seat with a harness to a booster seat or seat belt too soon. Your child needs the protection of a car seat with a harness until she outgrows it by weight or height. Snug harness straps keep her secure during normal driving as well as in a crash. **Only** switch to a booster when your child reaches the weight limit of the harness (check the label) or her shoulders are above the top harness slots.

Keep your child in a booster seat until she is at least 8 years old unless she reaches 4 feet, 9 inches tall first. Children under 13 should always ride in the back seat and everyone in the car should be buckled up. It's the law.

**Questions? Call the Safety Restraint Coalition**

1-800-282-5587 or visit [www.800buckleup.org](http://www.800buckleup.org)

## Keep your house safe for your child

Even though your child is getting older, you must still watch him every minute. To make your home safer:

- Install stairway gates and window guards.
- Window screens **will not** keep your child from falling out. Install window stops or guards to keep windows from opening more than 4 inches. Keep things your child can climb on away from windows. Visit [www.safekids.org/falls](http://www.safekids.org/falls) for more information.
- Keep cords from window blinds away from your child's bed and out of reach.
- Keep your child away from ovens, stoves, irons, curling irons, fireplaces, and heaters.
- Keep medicines in child-resistant containers, locked up and out of reach.
- Put purses and backpacks, which may contain dangers, away from small hands.
- Keep chemicals, nicotine products, and detergents stored safely and out of reach.
- Post the phone number of the Washington Poison Center (1-800-222-1222) near the phone.
- Keep items with button batteries away from children, since the batteries can be harmful if swallowed.

## Choose toys carefully

Keep your child's age, abilities and interests in mind when choosing toys. Toys meant for older children can be dangerous for your child. Teach older children to pick up their toys and put them out of reach when done playing. Avoid toys with small parts, which might cause choking. Broken or empty latex balloons are also choking hazards.